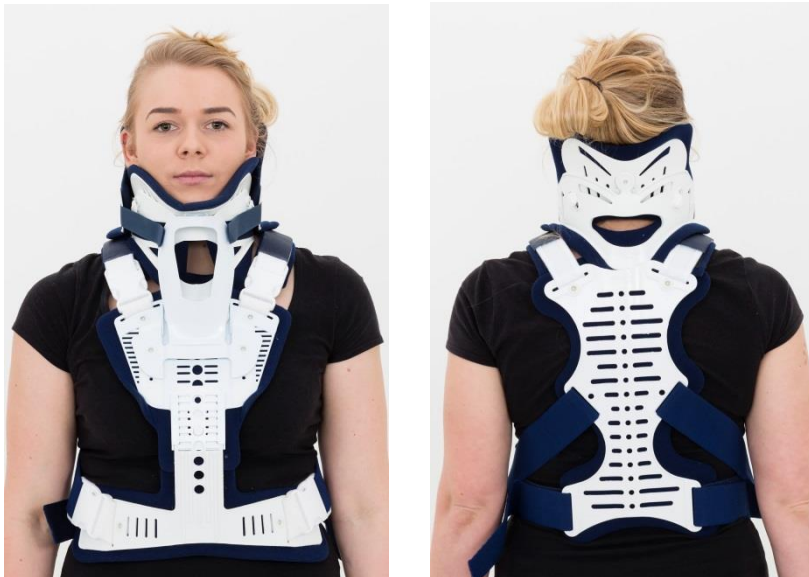




Long Miami J Cervical Thoracic Orthosis

The Long Miami J Brace is a rigid brace that provides support for the cervical and thoracic spine by preventing flexion (forward movement), extension (backwards movement) and rotation (sideways movement). You have been prescribed a Long Miami J Brace by your Spinal Doctor to manage your neck and/or upper back injury.



When to wear your collar

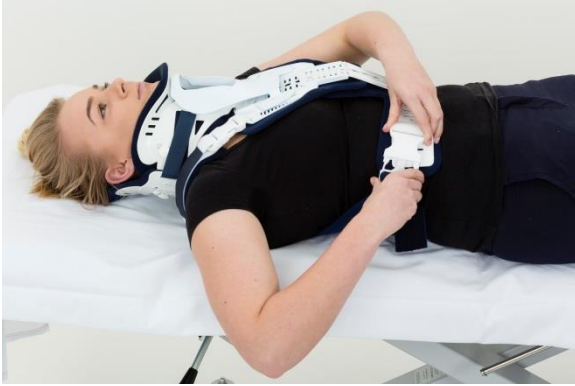
- The Long Miami J Brace is to be worn **at all times**, including in the shower
- Most people wear the brace for eight to twelve weeks
- At your Outpatient follow up appointment your Spinal Doctor will tell you how long to wear your brace for. An x-ray may be necessary before you are able to stop wearing the brace

Who will fit your brace

- Your Long Miami J Brace will be fitted by an Orthotist from Royal Perth Hospital. Once you start to mobilise adjustments may need to be made.
- **Only allow qualified people to adjust your brace. Please contact the Orthotist or competent Nurse or Physiotherapist to make any further adjustments.**
- Orthotics will provide you with a second set of blue pads to be used after showering.



How to remove the brace (And change the wet pads for the dry pads after a shower)



- You will require the assistance of one person
- The brace must only be changed when you are lying flat on your back (no pillow)
- Place a towel down on the bed lie flat on your back. Have a second towel ready to use nearby
- Unclip the four white clips at the front of the brace (two at the shoulders and two at the waist)



- Roll onto your side and then remove the back piece



- Roll back onto your back
- Open the Velcro straps on either side of the collar and remove the front piece



- Place your hand underneath your neck and slide the back part of the collar out to the side
- When the brace is removed you must try to remain as still as possible
- Remove the wet pads, dry the plastic and then place the dry spare pads on the collar
- Ideally remove and replace one pad at a time so not to get mixed up!

To put the Brace back on

- Slide the back collar piece underneath your neck making sure it's the right way up (check arrows and writing on the brace)
- Next replace the front piece by taking the sides of the collar in your hands and 'flare and scoop' the piece up underneath your chin
- Place the front piece inside the back piece and attach the Velcro straps
- Roll onto your side and put the back piece in place
- Roll back onto your back
- If needed you may need to roll onto your other side to pull the back straps through
- Clip in the four white clips at the front of the brace (two at the shoulders and two at the waist)
- You are now free to mobilise safely

How to care for your brace

- Avoid putting the pads into a washing machine – instead if required they can be given a rinse with detergent in the sink. After cleaned squeeze out excess water with a towel and lay somewhere out of the direct sun and they will dry ready for the next shower
- If required the white plastic can be cleaned with soap and water then dried with a towel



Activities to avoid while wearing your brace

- Driving a motor vehicle
- Physical sports and running – avoid any jarring or high impact activities
- At risk activities including riding a bicycle or skateboarding
- Heavy lifting, pushing or manual work
- Check with your Spinal Doctor before resuming any of these activities
- Be careful around small pets and children. Keep your environment free of obstacles such as mats, cords and rugs that you may trip over

Additional Information

- Avoid wearing any clothing underneath the brace
- Wear loose, easy fitting clothes over your brace
- Wear comfortable practical shoes (avoid thongs, high heels or shoes that have a slippery sole)
- *Check your skin daily* for any areas of redness or irritation. Should your skin become red or blistered please contact the Orthotics Department on the number below for an urgent review

Any Further Questions

Please ask your Nurse, Spinal Doctor, Physiotherapist or Orthotist should you have any further enquiries or questions

Contact Numbers

After your discharge from Royal Perth Hospital all brace inquiries should be directed to **South Metropolitan Orthotics Department Phone: 6152 7450**